THE INVENTION CLAIMED IS

- 1. A vibration dissipating sports glove for use in holding a bat while hitting a baseball, wherein portions of the glove correspond to bones in a wearer's hand to which the glove is intended to cover, comprising:
- a) a palm portion of the glove, for covering the inner surface of the wearer's hand, exclusive of the thumb;
- b) a back portion of the glove for covering the outer surface of a wearer's hand, exclusive of the thumb;
- c) a thumb portion of the glove for covering the wearer's thumb, wherein the thumb portion is coupled to the palm portion; and
- d) a vibration dissipating front pad in the palm portion extending only over and between the proximal knuckles of the thumb, index finger and middle finger and along adjacent portions of the metacarpal bones and proximal phalanges of each of these thumb and fingers, respectively, leaving the remainder of the palm portion unpadded, wherein the energy of the vibration that may be transmitted to the wearer's hand at the time of impact of a baseball with a baseball bat is dissipated by the pad.
- 2. The glove according to claim 1, wherein the front pad further extends along the index finger metacarpal bone and proximal phalange on index finger distance D and, wherein the front pad extends along the middle finger metacarpal bone and proximal phalange, a middle finger distance E which is no more than ½ the index finger distance.
- 3. The glove according to claim 1, wherein the pad further extends to the proximal knuckle of the ring finger.

- 4. The glove according to claim 1, wherein the front pad is generally "T" shaped.
- 5. The glove according to claim 1, wherein the pad further extends over the proximal phalange of the thumb and terminates before the distal knuckle.
- 6. The glove according to claim 1, wherein the pad further extends to the proximal knuckle of the ring finger and also extends over the proximal phalange of the thumb and terminates before the distal knuckle.
- 7. The glove according to claim 1, wherein the pad is filled with an energy dissipating comformable media.
- 8. The glove according to claim 7, wherein the pad is of sufficient thickness to conform to the bat and to the batter's hand such that any gaps that would naturally occur between the bat and the batter's hand in the region of the pad are minimized thereby providing the batter with a more secure grip.
- 9. The glove according to claim 7, wherein the media is poly(boro-siloxane).
- 10. The glove according to claim 1, wherein the glove material is nylon and the pad is attached to the nylon and made of leather.

- 11. The glove according to claim 1, further including back padding at the back portion of the glove covering only the region defined by the metacarpal bones of the index finger, middle finger, ring finger and small finger.
- 12. The glove according to claim 11, wherein both the front pad and the back padding are comprised of energy dissipating conformable media.
- 13. The glove according to claim 12, wherein the energy dissipating conformable media is (poly)borosiloxane.
- 14. The glove according to claim 11, wherein the back padding is comprised of a single flat pad.
- 15. The glove according to claim 11, wherein the back padding is comprised of a plurality of discrete strips each containing energy dissipating conformable media.
- 16. The glove according to claim 15, wherein each strip has a length and a width and the ratio between the length and width of each strip is between 0.7 and 1.5.
- 17. The glove according to claim 16, wherein the each strip has a height and the ratio of the height to width of each strip is between 0.25 and 0.50.
- 18. The glove according to claim 15, wherein each strip has a length and a width and the ratio between the length and width of each strip is between 1.5 to 3.0.

- 19. The glove according to claim 18, wherein the each strip has a height and the ratio of the width to height of each strip is between 0.5 and 1.0.
- 20. The glove according to claim 15, wherein the glove has a central axis and the plurality of strips are aligned with the central axis.
- 21. The glove according to claim 15, wherein the glove has a central axis and the plurality of strips are perpendicular to the central axis.
- 22. The glove according to claim 15, wherein the glove has a central axis and the plurality of strips parallel to one another and forming an angle with the central axis of between 0-90 degrees.
- 23. The glove according to claim 15, wherein the plurality of strips form parallel curved surfaces on the glove.
- 24. The glove according to claim 11, wherein the discrete strips are comprise of media encapsulated in plastic.
- 25. The glove according to claim 24, wherein the plastic is clear such that the media color is visible.
 - 26. The glove according to claim 24, wherein the plastic is polyurethane.

- 27. The glove according to claim 11, further including a knuckle pad at the location of each the middle knuckles of each finger, excluding the thumb.
- 28. The glove according to claim 27, wherein each knuckle pad has a length and a width and the ratio of the length to the width is between 0.7 to 1.5.
- 29. The glove according to claim 27, wherein the knuckle pads are comprised of energy dissipating conformable media.
- 30. The glove according to claim 29, wherein the energy dissipating conformable media is (poly)borosiloxane.
- 31. The glove according to claim 11, wherein the glove further includes a wrist portion and wherein the wrist portion further includes a pad containing an energy dissipating comformable media.
- 32. A vibration reducing sports glove for use in holding a bat while hitting a baseball, wherein portions of the glove correspond to bones in a wearer's hand to which the glove is intended to cover, comprising:
- a) a palm portion of the glove, for covering the inner surface of the wearer's hand, exclusive of the thumb;
- b) a back portion of the glove for covering the outer surface of a wearer's hand, exclusive of the thumb;
- c) a thumb portion of the glove for covering the wearer's thumb, wherein the thumb portion is coupled to the palm portion; and

- d) back padding at the back portion of the glove covering only the region defined by the metacarpal bones of the index finger, middle finger, ring finger and small finger.
- 33. The glove according to claim 32, further including a vibration dissipating front pad in the palm portion extending only over and between the proximal knuckles of the thumb, index finger and middle finger and along adjacent portions of the metacarpal bones and proximal phalanges of each of these thumb and fingers, respectively, leaving the remainder of the palm portion unpadded, wherein the energy of the vibration that may be transmitted to the wearer's hand at the time of impact of a baseball with a baseball bat is dissipated by the pad.
- 34. The glove according to claim 32, wherein the back padding is comprised of a plurality of discrete strips each containing energy dissipating conformable media.
- 35. The glove according to claim 34, wherein each strip has a length and a width and the ratio between the length and width of each strip is between 0.7 and 1.5.
- 36. The glove according to claim 32, further including a knuckle pad at the location of each the middle knuckles of each finger, excluding the thumb.
- 37. The glove according to claim 36, wherein the front pad, back padding and knuckle pads are each comprised of the same energy dissipating conformable media.

- 38. A vibration dissipating sports glove for use in holding a bat while hitting a baseball, wherein portions of the glove correspond to bones in a wearer's hand to which the glove is intended to cover, comprising:
- a) a palm portion of the glove, for covering the inner surface of the wearer's hand, exclusive of the thumb;
- b) a back portion of the glove for covering the outer surface of a wearer's hand, exclusive of the thumb;
- c) a thumb portion of the glove for covering the wearer's thumb, wherein the thumb portion is coupled to the palm portion; and
- d) a front pad in the palm portion extending only over and between the proximal knuckles of the thumb, index finger and middle finger and along adjacent portions of the metacarpal bones and proximal phalanges of each of these thumb and fingers, respectively, leaving the remainder of the palm portion unpadded, wherein the front pad is comprised of a conformable media which conforms between the bat and the batter's hand to provide to the batter a more secure grip.
- 39. The glove in accordance with claim 38, wherein the conformable media is (poly)borosiloxane.
- 40. The glove in accordance with claim 38, wherein the conformable media is encapsulated by plastic.
- 41. The glove in accordance with claim 40, wherein the plastic is polyurethane.